

Wearing your Orthoses (Insoles)

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Please bring your orthoses to every podiatry appointment. Foot orthoses often require some trial and error, and adjustments may be needed to improve their effectiveness, comfort, and fit within your footwear.

Footwear and Fit

- You can move the orthoses between suitable footwear.
- The orthoses are designed to fit into shoes similar in style to those recommended by your podiatrist.
- You may need to remove the shoe's original insole (manufacturer's liner) to improve the fit and comfort.

It is important to wear your orthoses as much as possible each day, even if you are mainly at home. We recommend finding a comfortable and supportive pair of shoes for use indoors that accommodate your orthoses.

Wearing-In Schedule. Start by wearing your orthoses gradually. Some mild discomfort or aching in your feet or legs is normal at first and may last up to 2–3 weeks.

Day 1	Up to 1 hour - If your orthotic use results in pain/soreness before the scheduled period, remove them, and try them again the next day.
Day 2	Up to 2 hours.
Day 3	Up to 3 hours.
Continue to add 1 hour each day providing the orthoses are comfortable	

After about 2 weeks, most people can wear their orthoses for most of the day. Once you are comfortable, you can start gradually using them for long walks, sports, or exercise.

Check for Pressure or Rubbing

- After each use (especially early on), check your feet for any rubbing or pressure marks.
- Marks that disappear within 20 minutes are usually nothing to worry about.
- If you notice persistent redness, soreness, or skin damage, stop wearing the orthoses and contact your podiatrist.

Foot orthoses are designed to reduce symptoms. Once your symptoms have improved, ongoing use may not be necessary. Your podiatrist will advise you based on your progress.

If you have any questions about the information in this leaflet, please contact Podiatry Services.

For more information about our services and how to manage common foot problems at home, please visit our website: www.livewellsouthwest.co.uk/project/podiatry

Contact Details

Podiatry Services,
Beauchamp Centre,
Mount Gould Hospital,
200 Mount Gould Road,
Plymouth,
PL4 7QD

Tel: 01752 434855
Email: livewell.podiatrypatients@nhs.net